

Ben is in Congress to serve the residents of the 3rd Congressional District, and so is his staff.

We can be reached at (202) 225-6190

502 Cannon HOB
Washington, DC 20515

Legislation

If you'd like to contact Ben about a legislative issue, please [e-mail Ben](#) ; or call Ben at (202) 225-6190; or [a note](#) [mail Ben](#) .

Help with a problem

If you need help with a government agency or have any other problem that you think Ben (or his office) can help you with, call our office at (202) 225-6190, or [e-mail Ben](#) .

Tour Requests

If you plan to visit Washington, D.C., contact our office by [e-mail](#) , or phone us at (202) 225-6190.

Flag Requests

To request a flag flown over the Capitol Building, fill out a [request form](#) and mail it in.

Schedule a meeting with Ben

If you would like to meeting with Ben, contact [Chris Garcia](#) .

To invite Ben to speak

If you would like Ben to speak at an event in the district, contact [Chris Garcia](#) .

Congressional Commendations

As a service to our constituents, our office can provide acknowledgement of special events. Request a [congressional commendation](#) .

Presidential Greetings

District residents can request to receive a greeting from the President of the United States. Request a [Presidential Greeting](#) .